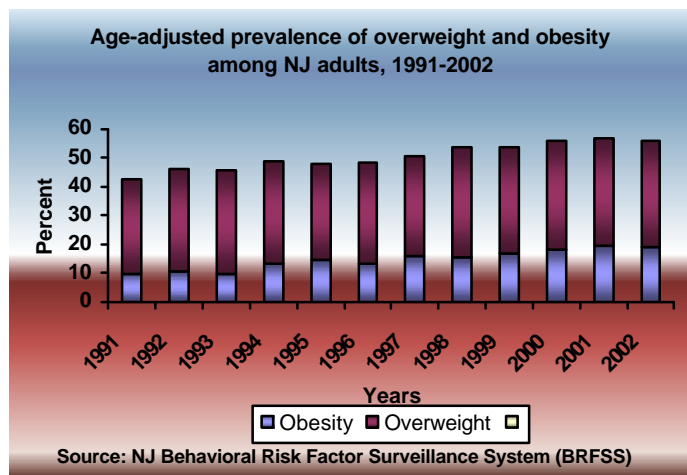




MONTHLY HEALTH DATA FACT SHEET JANUARY 2004

January 19-25 is National Healthy Weight Week

- ❖ Overweight and obesity are major public health problems in the United States. People who are overweight or obese are at an increased risk for a number of serious health conditions including hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea, respiratory problems, and endometrial, breast, cervical ovarian, prostate and colon cancers.
- ❖ Body weight is influenced by a combination of genetic, metabolic, behavioral, environmental, cultural, and socioeconomic factors. Excess calorie intake and/or inadequate physical activity are the major causes of being overweight or obese.
- ❖ In 2002, 22.1 percent of adults in the United States were obese, an increase of more than 60 percent from 1991. Currently more than 44 million Americans are considered obese. Also 37.0 percent of American adults were considered overweight in 2002.
- ❖ New Jersey adults were slightly less likely to be obese, but equally likely to be overweight as compared with the nation as a whole. In 2002, 19 percent of New Jersey adults were obese, and 37 percent were overweight, according to BMIs calculated from self-reported height and weight data.
- ❖ This large recent rise in the percent of the population that is overweight or obese, sometimes referred to as the "obesity epidemic", has attracted an enormous amount of attention in recent years, as the health consequences of obesity have become better known. The cause for the rise in obesity is not known, but it is often attributed to factors such as increasingly sedentary lifestyle, and consumption of high calorie prepared food.



- ❖ While the prevalence of overweight and obesity among New Jersey adults has also increased over the past decade, this trend has leveled in the last several years (see graph).
- ❖ Maintaining a healthy weight can increase life expectancy and improve quality of life as well as physical and mental well-being. Individuals can help maintain a healthy weight by eating no more than the recommended number of calories each day and exercising regularly.
- ❖ For many overweight and obese individuals,

attempts to reduce their weight through diet and exercise have been unsuccessful. New treatments for obesity and overweight have included surgery and prescription drugs. The search for successful treatments continues, as it is increasingly recognized that obesity affects a large proportion of the population and has significant health consequences.

For more data from the New Jersey Department of Health and Senior Services: <http://www.state.nj.us/health/chs/>

For more information about National Healthy Weight Week visit:
<http://www.mentalhealth.org/Highlights/January2003/weight/links.asp>

Sources:

Center for Health Statistic, Topics in Health Statistics : [Obesity and Overweight in New Jersey: Data from the NJ BRFSS](#)

New Jersey Behavioral Risk Factor Survey: <http://www.state.nj.us/health/chs/brfss.htm>

Centers for Disease Control and Prevention: <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

U.S. Department of Health and Human Services: [The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001](#)



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